



Empire State Trail

Connecting New York's extraordinary experiences, people, and places.

Niskayuna to Cohoes

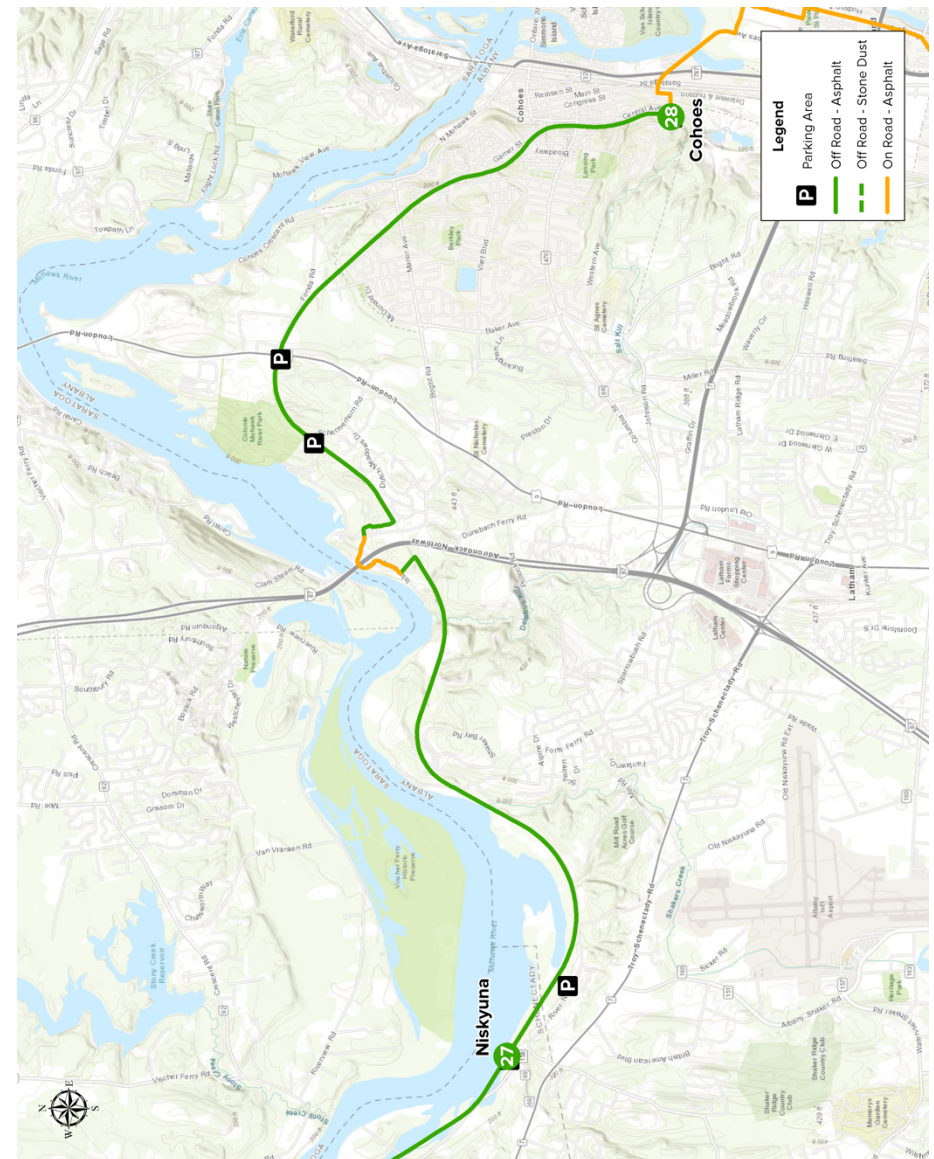
Step-by-step bicycle directions to follow for this segment of the Empire State Trail.

Start 27 Niskayuna

Turn	Notes	Distance
↗	Head southeast on Mohawk Hudson Bikeway toward Forts Ferry Rd	4.07 mi
→	Turn right onto Island View Rd	0.508 mi
↑	Continue onto Mohawk Hudson Bikeway	0.267 mi
←	Turn left to stay on Mohawk Hudson Bikeway	3.22 mi
→	Keep right to stay on Mohawk Hudson Bikeway	0.277 mi
←	Keep left to stay on Mohawk Hudson Bikeway	1.08 mi

End 28 Cohoes

Eastbound along Erie Canal Trail



Disclaimer: Trail users may encounter temporary or permanent changes to the trail route as described in this cue sheet. Trail users must exercise discretion at all times to assure personal safety, including staying alert for movements by vehicles and other trail users, as well as possible modifications to the trail route.